

ESRC and NDA project TiKL: Transitions in Kitchen Living

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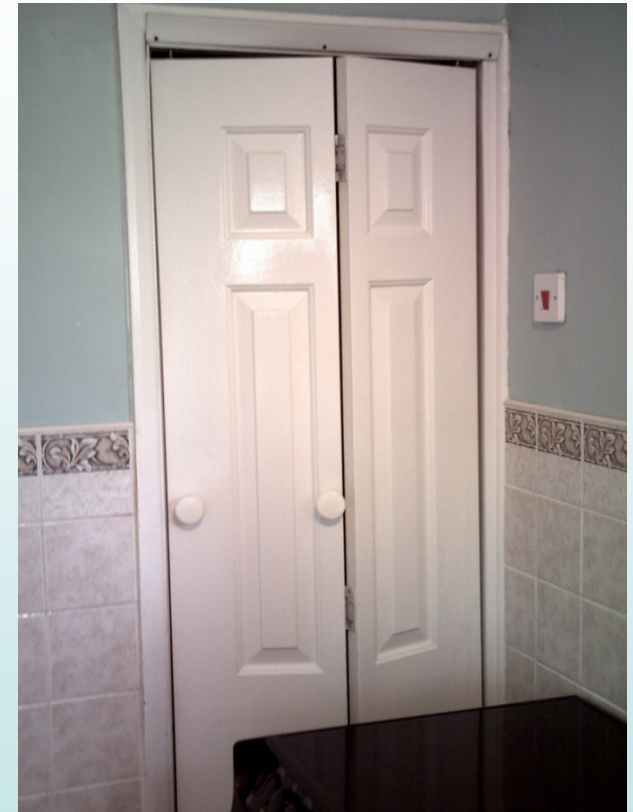
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“bi-fold doors give me
more space”

Project Objectives

- To study people's lives in relation to the kitchen...

...including older people living in a variety of accommodation types.

- To identify adaptations that people make to enhance their kitchens.
- To produce a Guide for people to adapt their kitchen to match their changing abilities and needs.



Research conducted

- **Sample of 48 older people in their 60s, 70s, 80s and 90s living in urban and rural locations of England.**
- **Two interviews with each participant:**
 1. **An oral history of kitchen living linked to life events. First remembered kitchen, kitchen with the family, in retirement, etc.**
 2. **An examination of the current kitchen to capture typical activities, opinions, ergonomic problems, likes and dislikes.**



Reaching and dexterity:

26 participants reported problems with reaching kitchen items

- 3 used 'grabbers' or other methods to hook items
- 6 used steps or a stool to reach high shelves

19 participants reported problems with dexterity in the kitchen

- 7 participants had difficulties with jars/bottles/cans
- 2 participants had problems lifting pans/kettles
- 2 participants had problems turning knobs/taps



"lever taps...much easier"



"fantastic, I can reach everything"

Preparing, cooking and eating food:

- Use of ready meals
- Bulk cooking/freezing of meals
- Sitting to prepare meals
- Using the microwave
- Having meals delivered
- Eating in the kitchen vs eating elsewhere in the house



“no bending...it’s great”



“wheeled trolley...so useful”

Other kitchen tasks:

- Recycling
- Ironing
- Feeding/caring for pets
- Washing clothes
- Washing up
- Social aspects



recycling bins



“tv for company...counter-top
dishwasher really good”



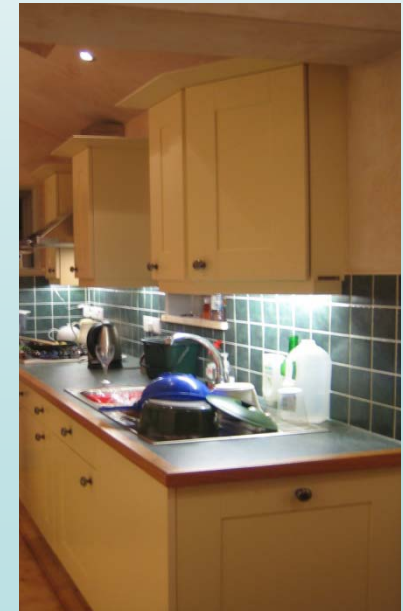
utliity room

Changes to kitchens due to age:

- Dishwashers
- Automatic kettles
- Lighter irons
- More plug sockets
- Lever taps
- Fan fitted in window (avoid opening it)
- Pull-out shelves fitted
- Easy-to-clean floors
- Shallower drawers
- Move items lower so easier to reach
- Improve lighting



pull-out drawer cupboards



under-cupboard lighting

Planned outcomes

- A Data Bank of the stories and experiences of older people, documenting their lives in the kitchen and their changing needs.
- “Inspirational material” of adaptations made by the participants that others may apply to their own kitchens.
- A Guide to help people adapt their kitchen to meet their changing needs in later life...

... this should also be useful to architects, kitchen designers, occupational therapists and social service professionals.



“appliances together means less movement”



“it’s just me, so I only need a small table”